# vegan cheat sheet

*This sheet is maintained by Vegan Hacktivists* | **1,300+ Links** | **200,000+ Visits** | Submit Link | Report | Donate

## Vegan Documentaries & Films

**Watch these documentaries with your friends and family!**

| name | category | link |
|---|---|---|
| Dominion (2018) | Animals | https://www |
| Cowspiracy (2014) | Environme | https://www |
| What The Health (2017) | Health | https://www |
| Forks Over Knives (2011) | Health | https://www |
| Land of Hope and Glory (2017) | Animals | https://www |
| Meet Your Meat (2012) | Animals | https://www |
| Speciesism: The Movie (2013) | Animals | https://spec |
| The Game Changers (2019) | Fitness | https://gam |
| My Octopus Teacher (2020) | Environme | https://www |
| Milked (2021) | Animals | https://www |
| Seaspiracy (2021) | Environme | https://www |
| Countdown To Year Zero (2019) | Enviornme | https://watc |
| You Are What You Eat: A Twin Exper | Health | https://www |

## Vegan Inspirational Speeches

**Watch some of the best vegan speeches on the internet**

| video title | length | link |
|---|---|---|
| Best Speech You Will Ever Hear | 01:10:00 | https://yout |
| You Will Never Look at Your Life in th | 32:22 | https://www |
| This Man Makes You Think (James V | 09:54 | https://www |

## Must Read Books on Veganism

**Check out the Books tab below for a bigger list!**

| book title | author | purchase |
|---|---|---|
| Why We Love Dogs, Eat Pigs, ar | Melanie Jo | https://www |
| Animal Equality | Joan Duna | http://www. |
| Ethics Into Action: Henry Spira and t | Peter Singe | https://www |
| Animal Liberation | Peter Singe | https://www |
| How Not To Die | Michael Gr | https://www |
| The Animal Activist's Handbook | Matt Ball a | https://www |
| Bleating Hearts | Mark Hawt | http://www. |

## Vegan Health & Nutrition

**Learn the specifics to being healthy while vegan!**

| title | description | link |
|---|---|---|
| Vegan Health | Reviews of the s | https://veganhealth |
| Nutrition Facts | A strictly non-cor | https://nutritionfacts |
| Vegan.com Guide | Vegan nutrition g | https://www.vegan. |
| Vegan Society Nutrition | How to thrive on | https://www.vegans |

## Eating out as a Vegan

**Quick resources to help you find Vegan food locally!**

| service name | type | link |
|---|---|---|
| Happy Cow | Search | https://www.happyc |
| Google Maps | Search | https://www.google |
| Yelp Search | Search | https://www.yelp.co |
| Eating Out Tips | Information | https://veganuary.c |
| Fast Food Guide | Information | https://chooseveg.c |
| Vanilla Bean | Search | https://www.vanilla- |

## Great links for Vegan Recipes

**Find and cook delicious plant-based meals.**

| title | type | link |
|---|---|---|
| Vegan Punks | Website | https://www.veganp |
| Easy Vegan Channel | YouTube | https://www.youtub |
| Cheap Lazy Vegan | YouTube | https://www.youtub |
| Vegan Society Recipes | Page List | https://www.vegans |
| Veganuary Recipes | Page List | https://veganuary.c |
| The Vegan Corner | Page List | https://www.youtub |
| Vegan Richa | Page List | https://www.veganr |
| Olives for Dinner | Page List | https://olivesfordinr |
| The Vegan 8 | Page List | https://thevegan8.c |
| PlantYou | Page List | http://plantyou.com |
| Keepin it Kind | Page List | http://keepinitkind.c |
| Eat Figs Not Pigs | Page List | http://www.eatfigsn |
| ChooseVeg | Website | https://chooseveg.c |
| Rainbow Plant Life | Page List | https://rainbowplan |
| The Carrot Underground | Website | https://thecarrotunc |
| Yeung Man Cooking | YouTube | https://www.youtub |
| Make It Dairy Free | Website | https://makeitdairyf |
| Chocolate Covered Katie | Page List | https://chocolateco |
| High Carb Hannah | Page List | https://highcarbhar |
| Plantful Kiki | Page List | https://plantifulkiki.c |

## Random Links to help Activists

**Random resources to help vegans with activism.**

| title | description | link |
|---|---|---|
| Vegan Activism Organizati | The most compr | https://veganactivis |
| Etsy Activism Stickers | Buy stickers fron | https://www.etsy.co |
| Vegan Activism Communit | A community of p | https://reddit.com/r |
| Reddit Activism Guide | Learn how to imp | https://veganactivis |

## Online & Local Vegan Activism Organizations

**Get out there and make a difference in the world for the animals!**

| name | type | description | link |
|---|---|---|---|
| **Joined one of these below? Track your activism! >>>** | | | https://activisthub |
| Vegan Activism | all | The most comprehensive verified list of V | https://veganacti |
| Animal Rights Map | all | With over 2,500 groups, browse the large | https://animalrigh |
| Vegan Hacktivists | online | We're a group of passionate Vegan Activ | https://veganhac |
| Anonymous for the Voicele | local | An animal rights organization that specia | https://www.anor |
| Direct Action Everywhere | local | We create empowered networks of nonvi | https://www.direc |
| Meat The Victims | local | A new generation of the growing commu | https://meat-the- |
| The Save Movement | local | The Save Movement is comprised of gro | http://thesavemo |
| The Vegan Society | all | The practicalities of volunteering ranges | https://www.vega |
| Mercy for Animals | all | Your voice, your ideas, and your actions | https://mercyfora |
| Challenge 22+ | online | If you've been vegan for over six months | https://db.challen |
| The Humane League | local | Through quick and simple daily, or week | https://thehuman |
| 5 Minutes 5 Vegans | online | Our vegan robots are constantly scannin | https://5minutes5 |
| Vegan Outreach | local | Vegan Outreach is an American grassroc | https://veganoutr |
| Beyond Animal | all | Build an integrated digital platform with a | https://beyondani |
| Factory Farming Awarenes | all | Empowering individuals and communitie | https://ffacoalitior |
| Phoenix Zones Initiative | all | Advance rights, health, and wellbeing for | https://www.phoe |
| Animal Ethics | all | We are an antispeciesist organization tha | https://www.anim |
| Animal Outlook | all | Animal Outlook is a national nonprofit 50 | https://animalouth |
| Vegan Friendly | local | Helping businesses get certified as "vega | https://vegan-frie |
| Animal Justice Project | all | Campaigning to end of factory farming a | https://www.anim |
| Animal Equality | all | International organization working with s | https://animalequ |
| We The Free | all | We The Free (WTF) is a global communi | https://www.activ |
| Connect For Animals | all | Connect For Animals is a free NFP for pe | https://connectfo |

## Veganism Health Consensus

**World Health & Nutrition Organizations on Veganism.**

| organization | description | link / source |
|---|---|---|
| Academy of Nutrition & Dietetics | The world's Largest organization of food | https://jandonline |
| Kaiser Permanente Healthcare | The Largest Healthcare Organization in t | http://www.thepe |
| American Institute for Cancer Research | One of the nations leading cancer resear | https://www.aicr.c |
| The National Health and Medical Research | Australia's top funding body for medical r | https://www.diete |
| Harvard Health Publishing: Medical Schoo | The third-oldest and renown medical sch | https://www.healt |
| Dietary Guidelines Advisory Committee | Published by U.S. Department of Agricul | https://www.pcrm |
| British Dietetic Association (Great Britain) | The nation's largest organisation of food | https://www.bda.u |
| Dietitians of Canada | The leading professional organization an | https://www.unlo |
| The American Journal of Clinical Nutrition | The most highly rated peer-reviewed jou | https://www.riseo |
| Mayo Clinic & ScienceDaily | Non-profit academic medical center that | https://www.scier |

## Awesome Activists to Follow

**These activists work day and night for a vegan world.**

| title | instagram | youtube | website |
|---|---|---|---|
| Earthling Ed | https://www.ins | https://www.youtube.com/channel/UCVR | https://earthlinge |
| Joey Carbstrong | https://www.ins | https://www.youtube.com/joeycarbstrong | https://www.joeyc |
| Leah Doellinger | https://www.ins | https://www.youtube.com/results?search | https://meat-the- |
| Humane Hancock | https://www.ins | https://www.youtube.com/watch?v=VWm | https://linktr.ee/hu |
| Peace By Vegan | https://www.in | https://www.youtube.com/channel/UCalf6 | https://www.ryujic |
| James Hoot | https://www.ins | https://www.youtube.com/user/sunnyside | https://planetbve |

## Vegan Challenges

**Want to go Vegan? Help a friend go Vegan?**

| title | timeframe | link |
|---|---|---|
| Vegan Bootcamp | 30~ days | https://veganbootcamp.o |
| Dairy Free Challenge | 21 days | https://www.dairyfreecha |
| Challenge 22+ | 22 days | https://www.challenge22. |
| 10 Weeks To Vegan | 10 weeks | https://veganoutreach.or |
| Veganuary | 30 days | https://veganuary.com/ |
| Vegan Kickstart | 21 days | https://www.pcrm.org/ve |
| Vegan Fresh Start | 21 days | https://10millionblackveg |
| Whole Food Jumpstart Pro | 15 days | https://rochesterlifestyler |

## Resources for new Vegans

**Helpful resources for going Vegan!**

| title | description | link |
|---|---|---|
| Vegan Starter Kit | Get a quick over | http://vegankit.com |
| Choose Veg | Free recipes and | https://chooseveg.com/ |
| Kinder World | We've gathered t | https://www.kinderworld.c |
| Acti-Veg | acti-veg.com's re | https://acti-veg.com/reso |
| Veganuary Starter Kit | Trying vegan has | https://veganuary.com/st |
| Vegan Society Guide | Vegan Society Sl | https://www.vegansociety |
| Reddit Beginners Guide | /r/Vegan's official | https://www.reddit.com/r/ |
| 30-Day Pledge For New Vi | Take a 30 day ple | https://peaceadvocacyne |

## Easy Guide For Vegan Nutrition

**7 memes for quick vegan sources of nutritional needs.**

| title | link |
|---|---|
| 12 Plant Foods That Are High In Protein | https://i.imgur.com/mbEA |
| 3 Vegan Options For Getting Vitamin B12 | https://i.imgur.com/tg8Uv |
| 10 Plant Foods That Are High In Calcium | https://i.imgur.com/qCFu |
| 11 Plant Foods That Are High In Iron | https://i.imgur.com/knaz1 |
| 6 Plant Foods That Are High In Vitamin C | https://i.imgur.com/rFsP7 |
| 7 Plant Foods That Are High In Vitamin A | https://i.imgur.com/sVsYl |
| 10 Plant Foods That Are High In Zinc | https://i.imgur.com/Pp2S |

## Vegan Cookbooks on Amazon

**Awesome cookbooks all vegans should own.**

| title | author | link |
|---|---|---|
| Ageless Vegan by Tracye McQuirter | | https://amzn.to/2PhaAAK |
| By Any Greens Necessary by Tracye McQui | | https://amzn.to/2C03BdA |
| Vegan Richa's Indian Kitchen by Richa Hing | | https://amzn.to/2LBQbMc |
| Sweet Potato Soul by Jenné Claiborne | | https://amzn.to/2PNVJPc |
| Afro-Vegan by Bryant Terry | | https://amzn.to/2olD3dm |
| Caribbean Vegan by Taymer Mason | | https://amzn.to/2LBl8qR |
| Viva Vegan! by Terry Hope Romero | | https://amzn.to/2PhzbW5 |
| The Vegan Soulfood Guide to the Galaxy by | | https://amzn.to/2MBOJH |
| Salud! Vegan Mexican Cookbook by Eddie ( | | https://amzn.to/2PMHdav |
| Veganomicon: The Ultimate Vegan Cookboo | | https://www.amazon.com |
| The Forks Over Knives Cookbook by Del Sr | | https://www.amazon.com |

| | | |
|---|---|---|
| Eating Animals | Jonathan S | http://www. |
| Farm Sanctuary | Gene Baur | http://www. |
| Veganomics | Nick Coone | http://www. |
| Green is the New Red | Will Potter | http://www. |
| Every Twelve Seconds: Industrialize | Timothy Pa | https://www |
| Mercy For Animals | Nathan Ru | https://merc |
| Not As Nature | Rich Hardy | https://www |
| Changing the Game: Animal Liberati | Norm Phel | https://www |
| 30 Non-Vegan Excuses and How To | Ed Winters | https://earth |
| This Is Vegan Propaganda: (& Other | Ed Winters | https://earth |

## Arguments against Veganism Debunked

**Videos and resources debunking common myths.**

| title of myth | text | video |
|---|---|---|
| Can You Love Animals and Eat Then | We live in a | https://www |
| It's My Personal Choice To Eat Anim | "Respect m | https://www |
| I Love How Animals Taste! | When it boi | https://www |
| Animals Eat Other Animals | When confi | https://www |
| Veganism Is Unhealthy | Hearing tha | https://www |
| It's Cultural and Traditional to Eat An | It is true we | https://www |
| Our Ancestors Ate Animals | When disci | https://www |
| If the World Went Vegan, What Woul | On face va | https://www |
| Human Rights Issues are More Impo | It's funny h | https://www |
| Plants Feel Pain | This is an e | https://www |
| Do Animals Feel Pain? | Continuing | https://www |
| Humans Are at the Top of the Food C | The food ch | https://www |
| We Are More Intelligent Than Animal | As a specie | https://www |
| Why Farmed Animals Should be Gra | When it cor | https://www |
| Can't We Just Improve the Welfare c | Most consu | https://www |
| Morality is Subjective | If I'm being | https://www |
| Everything in Moderation | I'm tying in | https://www |
| You Can't Be 100% Vegan | I think of al | https://www |
| What if a Vegan Was Stranded on a | The desert | https://www |
| Being Vegetarian is Enough | When I wa | https://www |
| Hitler Was a Vegetarian/I Once Met a | Of all the e | https://www |
| What About Farmer's Jobs? | So this is a | https://www |
| Eating Animals is the Circle of Life | This excus | https://www |
| Soya Farming is Destroying the Envi | I haven't ta | https://www |
| Going Vegan is Expensive and Restr | Vegan diet | https://www |
| We're Omnivores/We Have Canine T | This is with | https://www |
| Fish Can't Feel Pain | The collect | https://www |
| God Says That I Can Eat Animals | In my expe | https://www |

## Protein Myths Debunked

**Links to info regarding common protein myths!**

| title | link |
|---|---|
| Busting the Myth of Incomplete Plant-Based Pro | https://med |
| Vegetarian Protein Is Just As 'Complete' As Mea | https://www |
| The Myth of Complementary Protein | https://www |
| PCMR: The Protein Myth | https://www |
| Strong On A Vegan Diet: Smashing Protein Myth | https://www |

## Vegan Friendly News

**Sites that report on Veganism / Plant-based topics.**

| title | category | link |
|---|---|---|
| Plant Based News | News | https://plan |
| Veg News | News | https://vegr |

| | | |
|---|---|---|
| Vegan.com Activism Guide | The official guide | https://www.vegan. |
| Vegan Activism Discord | Join a live chat w | https://discord.gg/M |
| More Activism Stickers | Buy some more s | https://activiststicke |
| Activism Flyers & Pamphle | Print or buy flyer | https://veganactivis |
| Example Business Review | Great experience | https://veganactivis |
| Example Tweets / Email | Email or tweet ca | https://veganactivis |
| Example Local Store Emai | Email template to | https://veganactivis |
| Animal Reality Exposed | Graphic Videos f | https://foroutreach. |
| Animal Justice Academy | A free, online, se | https://animaljustic |
| The Animal Rights FAQ | Animal Liberatior | https://web.archive |
| Fast Action Network: G | Access meaning | https://action.thehu |
| Center for Effective Vegan | Working to increa | https://veganadvoc |
| Animal Rights FYI | Helps to keep yo | https://animalrights |

## Random studies/news released on Veganism

**Important studies/news on veganism to check up on.**

| title | link |
|---|---|
| Veganism is *single biggest way* to reduce | https://www.indepe |
| 21,000 scientists want you to ditch meat for | https://www.liveking |
| Livestock and climate change direct correlat | https://awellfedwor |
| Plant-Based No Added Fat or American Hea | https://www.ncbi.nl |
| Intro to Threshold Purchases: How One Dea | https://sci-hubtw.hk |
| More Than Just a Diet: An Inquiry Into Vega | https://repository.u |

## Random Blogs and Magazines

**Blogs, News and Magazines worth reading.**

| title | description | link |
|---|---|---|
| Sinergia Animal Indonesia | Blog | https://www.sinergi |
| Plant Based News (PBN) | News Agency | https://plantbasedn |
| Vegnews | Magazine US | https://vegnews.co |
| Vegan Food and Living | Magazine UK | https://www.veganf |
| Livekindly | Website / Blog | https://www.liveking |
| Vegan Life Mag | Magazine UK an | https://www.veganl |
| TVR | Website / Blog | https://theveganrev |
| Veganuary | NGO | https://veganuary.c |
| Sophie Davies | Blog | https://www.aconsi |
| Gemma Davis | Blog | https://www.thecon |
| Tobias Leenaert | Blog Personal | http://veganstrategi |
| Founded Tobias Leenaert ( | NGO | https://proveg.com |
| Joshua Katcher | Blog / Fashion / I | https://thediscernin |
| Your Daily Vegan | Blog | https://www.yourda |
| Rich Emmerson | Blog | https://www.richem |
| Supreme Master TV | Video Blog | https://www.instagr |
| Plant Proof | Audio Blog | https://plantproof.c |

## Extras and Uncategorized Links

**Links that we don't specifically have a category.**

| title | category | link |
|---|---|---|
| Animal Rights Map | Map | https://animalrights |
| Badass Vegan | Fitness | https://badassvega |
| The Vegan Society | Resource | https://www.vegans |
| Your Vegan Fallacy Is | Arguments | https://yourveganfa |
| My Vegan Tree | Tracking | https://myvegantre |
| Vegan Playlist | Videos | https://veganplaylis |
| Double Check Vegan | Tool | https://doublecheck |
| Vegan Beer & Liquor | Alcohol | http://www.barnivor |
| Best Place to Donate | Donate | https://animalcharit |

| | | | |
|---|---|---|---|
| Gary Yourofsky | https://www.ins | https://www.youtube.com/channel/UCLW | https://www.adap |
| Seb Alex | https://www.ins | https://www.youtube.com/channel/UCc5z | https://www.patre |
| James Aspey | https://www.ins | https://www.youtube.com/channel/UCcKI | https://www.jame |
| Vegan Gains | https://twitter.c | https://www.youtube.com/channel/UCr2e | https://www.vega |
| Brooklynne Palmer | https://www.ins | https://www.youtube.com/channel/UCfR9 | https://linktr.ee/b |
| Christopher Sebestian | https://instagra | https://www.youtube.com/watch?v=hK07 | https://www.chris |
| Rebecca Doudak | https://instagra | https://www.youtube.com/channel/UCxN | https://veganbod |
| Iyle Bako | https://www.ins | https://www.youtube.com/c/IyeLovesLife | https://substack.c |
| Faraz Harsini | https://www.ins | https://www.youtube.com/c/DrFarazHars | https://www.allie |
| Jamie Logan | https://www.ins | https://www.youtube.com/c/JamiesCorne | https://linktr.ee/ja |
| Angela Davis | https://www.ins | https://www.youtube.com/watch?v=jBqC | https://en.wikipe |

## Notable Vegan Celebrities

**Did you know that these celebs are also vegan?**

| name | occupation | vegan quote | link |
|---|---|---|---|
| Joaquin Phoenix | Actor, Activist | "We are all animals of this planet. We are | https://www.azqu |
| Ariana Grande | Recording Artis | "I love animals more than I love most pe | https://veganuary |
| Woody Harrelson | Actor; Hunger | "Really, my message is simple. It's a mes | https://www.huffi |
| Kendrick Farris | Olympic Weigh | "I don't necessarily trust the way the fooc | https://www.huffi |
| Bill Clinton | Former Preside | After undergoing quadruple bypass surg | https://www.huffi |
| Billie Eilish | Singer Songwr | "But man… if you can watch the videos t | https://www.livek |
| Evanna Lynch | Actress | "I never found a religion or a faith that wa | https://veganuary |
| Brad Pitt | Actor, Produce | In a letter sent to Costco, Vegan actor Br | https://www.huffi |
| Elliot Page | Actor, Produce | "Why are vegans made fun of while inhu | https://www.bustl |
| Casey Affleck | Actor, Produce | "When people ask me why I don't eat me | https://www.bustl |
| James Cameron | Writer, Director | "It's not a requirement to eat animals, we | https://www.mens |
| Lewis Hamilton | F1 Driver | "We all have choices to make and if you | https://www.plant |
| Jon Stewart | Comedian, Wri | "It's clear that something sinister has occ | https://www.livek |
| Pamela Anderson | Actress, Model | "When I started working with PETA on "B | http://www.health |
| Stevie Wonder | Singer, Songwi | "We have to be about making our planet | https://mercyfora |
| Maggie Q | Actress, Model | "I quit cold turkey and never looked back | https://vegnews.c |
| Yuval Noah Harari | Historian, Auth | "The foundation of the dairy industry is bu | https://en.wikipe |
| Alissa White-Gluz | Singer | "I've been vegan for 15 years now and I I | https://en.wikipe |
| Davey Havok | Singer, Actor, F | "To this day I still experience people who | https://youtu.be/7 |
| Jane Goodall | PhD, Activist | "To me, cruelty is the worst of human sin | https://www.janeg |
| Moby | Musician | "I'm vegan because I love animals, and I c | https://www.livek |
| Nathalie Emmanual | Actress | "I started eating a vegan diet about four y | https://www.oneg |
| Tobey Maguire | Actor | "I've never had any desire to eat meat. In | https://viva.org.u |

## Environmental Statistics of Animal Agriculture

**These are verified statistics about the animals, planet, and health.**

| statistic | source |
|---|---|
| Livestock covers 45% of the earth's total land. | https://cgspace.c |
| 51% of greenhouse gas emissions are due to livestocks and their byproducts. | http://shrinkthatfo |
| 90 million tons of fish are pulled from the oceans each year. | https://www.natio |
| 2,500 gallons of water are needed to produce 1 pound of beef. | https://www.cows |
| Livestock is responsible for 60% of Nitrous Oxide emissions (296x more destructive | http://www.fao.or |
| A person who follows a vegan diet produces the equivalent of 50% less carbon diox | https://link.spring |
| Every minute, 7 million pounds of excrement are produced by animals raised for foo | https://www.nrcs. |
| Up to 137 species are lost every day from rainforest destruction. | https://msu.edu/~ |
| 1 to 1.5 acres rainforest are cleared every second | http://www.savetl |
| Animal agriculture is responsible for 91% of amazon destruction | https://openknow |
| We could see fishless oceans by 2048. | https://cdn.ioos.n |
| For 1 pound of fish, up to 5 pounds of unintended species are caught. | http://www.fao.or |
| 80% of antibiotic sold in the US are for livestock. | https://www.ncbi. |
| Around 9 billion land animals are killed each year in the U.S. alone to produce meat | https://awellfedw |
| We are currently growing enough food to feed 10 billion people. | https://www.com |
| 82% of starving children live in countries where food is fed to animals, and eaten by | http://comfortably |
| As many as 650,000 whales, dolphins and seals are killed every year. | https://www.theg |

| | | |
|---|---|---|
| One-Dish Vegan by Robin Robertson | | https://www.amazon.com |
| Vegan Under Pressure by Jill Nussinow | | https://www.amazon.com |
| The Vegan 8: 100 Simple, Delicious Recipes | | https://www.amazon.com |
| Man.Eat.Plant. by Lisette Kreischer | | https://maneatplant.com/ |
| Thug Kitchen: Eat Like You Give a F*ck | | https://www.amazon.com |
| BOSH!: Simple recipes. Unbelievable results | | https://www.amazon.co.u |
| Dirty Vegan Cookbook | | https://www.amazon.co.u |

## Published studies on the health of Soy

**Not only safe for men, but deemed to be healthy.**

| title | link |
|---|---|
| Clinical studies show no effects of soy prote | https://www.ncbi.nlm.nih. |
| Physicians Committee for Responsible Med | https://www.pcrm.org/go |
| U.S. Department of Health & Human Servic | https://nccih.nih.gov/heal |

## Caring for Vegan Companion Animals

**Studies, articles, videos, communities and information.**

| title | description | type | link |
|---|---|---|---|
| EVERYTHING YOU NI | Learn more abou | guide | https:// |
| Are Pets Vegan? Dog-mat | Is the concept of | video | https:// |
| Is It Safe To Feed Your Ho | Vegan cats causi | article | https:// |
| The Facts About Vegan Ca | Detailed summar | website | http://p |
| Vegetarian versus Meat-Ba | 2016 published a | study | https:// |
| How do Plant-Based Diets | A new paper exp | article | https:// |
| Vegan cats live long and h | Ontario Veterinar | article | https:// |
| Dr. Andrew Knight introduc | Vegusto intervie | video | https:// |
| Vegan Cats 101: nutrients, | When thinking of | article | https:// |
| Vegan Dogs 101: plant-ba | A common conce | article | https:// |
| Vegan Dog Nutrition | This group is for | fb group | https:// |
| Vegan Cats Group | This group is des | fb group | https:// |
| Vegan Pets Community | Share photos, re | subreddit | https:// |
| Vegan Pet Food Brands | A list of vegan pe | list | https:// |
| Why don't vegans buy pets | Reasons why ve | video | https:// |
| These Companies Make Vegan Dog Food | | article | https:// |
| The Best Vegan Dog Foods Compared and | | Priced | https:// |
| Vegan Dog Company Food Checker | | Tool | http://v |

## Vegan Reddit Communites

**Check out the Communities tab below for a bigger list!**

| name | desciption | link |
|---|---|---|
| /r/Vegan | the largest vegar | https://www.reddit.com/r/ |
| /r/VeganRecipes | find 100% plant b | https://www.reddit.com/r/ |
| /r/VeganFitness | discuss all things | https://www.reddit.com/r/ |
| /r/DebateAVegan | debate questions | https://www.reddit.com/r/ |
| /r/VeganActivism | get active with yo | https://www.reddit.com/r/ |
| /r/ZeroWasteVegans | discuss zero was | https://www.reddit.com/r/ |
| /r/VeganFoodPorn | find and share be | https://www.reddit.com/r/ |
| /r/VeganBaking | share and discus | https://www.reddit.com/r/ |

## Discord Communities

**Live chat vegan communities hosted by Discord.**

| title | link |
|---|---|
| Animal Rights Advocates | https://discord.gg/animal |
| /r/Vegan Community Discord | https://discord.gg/2JmJR |
| UK Vegans General Discord | https://discord.gg/CSXu5 |

| | | |
|---|---|---|
| Live Kindly | News | https://livek |

## Email Newsletters

**Some Vegan mailing lists worth checking out.**

| title | catagory | link |
|---|---|---|
| Hive | Newsletter | https://joinh |
| Animal Advocacy Biweekly Digest | Newsletter | https://mail |
| Open Philanthropy Farm Animal Wel | Newsletter | https://mailc |
| Vegan Horizon | Newsletter | https://vega |

## Vegans Jobs and Entrepreneurship

**Vegan job boards and resources for entrepreneurs.**

| title | link |
|---|---|
| Vegpreneur | https://www |
| Vegan Jobs | https://vega |
| Animal Advocacy Careers | https://www |
| PETA Jobs | https://www |
| Beyond Animal | https://beyc |
| The Humane Leauge | https://theh |
| VegNews Jobs | https://vegr |
| Vegan Business Tribe | https://vega |
| AltProtein Jobs | https://altpr |

## Burnout / Emotional Support

**Need to talk to someone? Need support?**

| title | category | link |
|---|---|---|
| Self Care As An Activist | Blog | https://www |
| How To Avoid Activist Burnout | Blog | https://www |
| How Animal Lovers Avoid Getting To | Blog | https://www |
| Depression Hotline (U.S.) | Resource | https://www |
| Depression Hotline (International) | Resource | https://toge |
| Make A Post On /r/Vegan | Forum | https://www |
| Self-Care Assessment PDF workshe | PDF | http://social |
| Sustainable Activism and Avoiding B | PDF | https://www |
| Compassion Fatigue Awareness Pro | Resource | http://www.s |
| Compassion Fatigue Resources List | Resource | http://jessic |
| Aftershock: Confronting Trauma in a | Book | https://www |
| Trauma Stewardship: An Everyday C | Book | https://www |
| What every vegan should know abou | Blog | https://www |
| Sustainable Activism | Resource | https://www |
| Animal Activist Support Line | Resource | https://www |

| | | |
|---|---|---|
| vKind Hub | Resource | https://www.vkind.c |
| Dairy Truth | Resource | https://www.dairy-tr |
| Egg Truth | Resource | https://www.egg-tru |
| U.S. Farm Subsidies Datal | Subsidies | https://farm.ewg.or |
| Consider Veganism | Infographics | http://considervega |
| Reducing Suffering | Research Blog | https://reducing-suf |
| Vegan Statistics | Statistics | https://www.vegans |
| Google Trends | Statistics | https://trends.googl |
| Farm Sanctuaries List | Sanctuary | https://www.vegan. |
| Consider The Egg | Educational | https://considerthe |
| Carnism Debunked | Arguments | https://www.carnisr |
| Sacred Scribble: Stencils | Activism | http://www.sacreds |
| Discover Vegan Cheese | Informational | http://www.veganch |
| Vegan Meal Delivery | Food | https://www.vegme |
| Vegan Med | Medical | https://www.vegan |
| Humane Decisions | Informational | http://www.humane |
| Project Counterglow | Farm Map | https://www.counte |
| Veg Movies | Movies | https://vegmovies.c |
| We Animals Media | Photography | https://weanimalsm |
| Unbound Project | Women | https://unboundpro |
| Cognitive Dissonance | Videos | https://youtu.be/tny |
| Expanded Circle Collective | Animation / Vide | https://expandedcir |
| Don't Watch | Resource | https://dontwatch.o |
| TryVeg | Resource | https://tryveg.com/ |
| Vegan Monkeys | Travel | https://www.youtub |
| UnchainedTV | Videos | https://unchainedtv |
| Plant Petitions | Petitions | https://plantpetition |
| Supreme Master Televisior | Videos | suprememastertv.c |
| Feed Me Plants | Parenting | https://www.feedth |
| Running on Plants | Fitness | http://runningonpla |
| The Vegan Directory | Resource (US) | https://vegan-amer |
| Vegan Swiss Army Knife | Resource | https://checkvist.co |
| How We Win | Information and | https://www.winfor |
| Vegan Friendly Instrument | Resource | https://docs.google |
| Vegan Hub | Resource | https://veganhub.c |

Greenhouse gas emissions across the supply chain https://ourworldir

1,000 gallons of water are required to produce 1 gallon of milk. https://waterfootp

## iOS / Android Useful Vegan Apps

**Useful mobile apps for veganism that are must haves.**

| name | desc | ios | android |
|---|---|---|---|
| TalkVeganToMe | TalkVeganToM | https://apps.apple.com/gb/app/talkvegan | https://play.googl |
| Happy Cow | Find local vega | https://apple.co/2n3sNti | https://goo.gl/zlU |
| Vanilla Bean | Discover tasty | https://apps.apple.com/us/app/vanilla-be | https://play.googl |
| Daily Dozen | Keep track of t | https://apps.apple.com/us/app/dr-gregers | https://apps.appl |
| Cruelty Cutter | Scan barcodes | https://itunes.apple.com/us/app/cruelty-c | https://play.googl |
| 21-day Vegan Kickstart | 21-day of vega | https://apps.apple.com/app/21-day-vegai | https://play.googl |
| Plante | Community-ba | https://apps.apple.com/us/app/plante/id1 | https://play.googl |
| abillion | You'll be able t | https://apps.apple.com/US/app/id137711 | https://play.googl |
| Saving Animals Made Easy | A mobile app f | https://apps.apple.com/us/app/peta-savir | |
| Connect For Animals | Connect for an | https://apps.apple.com/us/app/connect-fo | https://play.googl |
| Bunny Free | Check if a com | https://apps.apple.com/us/app/bunny-fre | https://play.googl |

## Get Funding for Vegan Animal Rights Activism

**Leading animal rights organizations that provide funding for activists.**

| organization | description | link |
|---|---|---|
| Vegan Hacktivists | Announcing up to $1000 USD in seed funding grants for | https://veganhac |
| Pro Veg Grants | We offer financial and training support in vegan advocac | http://www.prove |
| VegFund | VegFund offers grants to help you do just that! VegFund | https://vegfund.o |
| Animal Charity Evaluators | ACE Movement Grants (formerly "Effective Animal Advo | https://animalcha |
| The Pollination Project | The Pollination Project (TPP) is a vegan foundation that | https://thepollinat |
| EA Animal Welfare Fund | The Animal Welfare Fund supports advocacy, research, | https://funds.effe |
| Eat The Change | ETC Impact™ is a grant program working to promote ai | https://eatthecha |
| Awesome Foundation | Every two months, the Vegan Chapter of the Awesome f | https://www.awes |
| A Well Fed World | Apply for a grant to support your plant-based feeding, fa | https://awellfedw |
| Open Philanthropy | Open Philanthropy's mission is to give as effectively as v | https://www.open |
| The Greenbaum Foundatio | At The Greenbaum Foundation, we focus our funding or | https://www.gree |
| Vegan Society | The Vegan Society Grant is open to individuals and gras | https://www.vega |
| Food for Thought | We have several grant opportunities to help you make th | https://www.foodt |
| Farmed Animal Funders | Our group is open to all individuals and foundations givir | https://farmedani |
| Lush Charity Pot | Charity Pot grants range from £100, up to a maximum of | https://uk.lush.co |
| A Seed of Change | A foundation helping individuals sow the seeds of a bett | https://www.asee |

| | |
|---|---|
| Mic The Vegan's Discord | https://discord.gg/c87PZ |
| Joey Carbstrong's Discord | https://discord.gg/7dehB |
| Ultra Advocacy | https://discord.gg/BnuHE |
| Ask Yourself | https://discord.gg/dUPFfl |
| Debating with Vegans | https://discord.gg/X3adS |
| Vegan Dating | https://discord.com/invite |

## Vegans of Color

**Links revolving around veganism and race.**

| title | link |
|---|---|
| Veganism of Color | http://www.veganismofcc |
| The Vegan Race Wars | https://www.thrillist.com/e |
| The Invisible Vegan | https://www.theinvisiblev |
| AfroVegan Society | https://www.afroveganso |
| Black Vegans Rock | http://www.blackvegansr |
| Encompass | https://encompassmover |
| Food Empowerment Proje | https://foodispower.org/ |
| Grow Where You Are | https://www.growwherey |
| Sistah Vegan Project | http://sistahvegan.com/w |
| Veggie Mijas | https://www.veggiemijas. |
| Black Vegans Today | https://www.blackvegans |
| Black Vegan Everything | https://www.blackvegane |

## Animal Liberation Front

**Info and links relating to ALF can be found here.**

| title | link |
|---|---|
| Wikipedia | https://en.wikipedia.org/v |
| Official Website | https://animalliberationfr |
| Instagram | https://www.instagram.co |
| PETA on ALF | https://www.peta.org/abo |
| Is ALF making a difference? | https://www.youtube.com |

## Level 5 Veganism

**Respect. Resources for advanced veganism.**

| title | link |
|---|---|
| Take the Liberation Pledge | http://www.liberationpled |